



REVIEWS

BOOKS

Reviewed by Ruth Parnell

ADDITIVE ALERT: Your Guide to Safer Shopping by Julie Eady

Additive Alert, Western Australia, 2004
ISBN 0-646-49916-5 (123pp tpb)
Availability: Additive Alert Pty Ltd,
<http://www.additivealert.com.au>

If you wonder why asthma, ADHD, depression, heart disease and obesity are so prevalent among children today, check out all the processed food on the supermarket shelves and then take a close look at the labels. You'll be amazed at the number of artificial additives, flavours and colours that are part and parcel of commercial food processing. In Australia, of the 300 or so permitted additives at least 30 are known or suspected carcinogens, explains Julie Eady in her handy shopper's guide, *Additive Alert*.

In the course of her research, Eady was also alarmed to find that some well-known baby foods contain suspected carcinogens, mutagens, and artificial colours that are known to promote hyperactivity and are linked to asthma. However, not all additives are harmful, and to help us sort out the good from the bad, Eady has assembled a practical table giving additive number, name and, if any, the adverse reactions that can be expected from consuming the additive. Also in the appendices is a table of additives to avoid under headings: suspected carcinogens; not recommended or prohibited for children or pregnant women; possible hyperactive or hypersensitive reaction; additives banned overseas; additives linked to asthma and other specific health problems.

Eady's book is pitched mainly at Australian shoppers, but much of the information is useful for consumers everywhere. Subjects covered include the functions of food additives, food allergies and intolerances, the role of the regulatory authorities, labelling issues, and nasty additives to watch out for—such as MSG, aspartame, nitrates, benzoates, BHTs and more. There are guidelines on healthier, low-additive eating (go organic, for instance!) and on taking control of your kitchen. Plus, there are useful contacts, website listings and references for readers who want to do more research.

This is an essential, easy-to-read guide to assist anyone wanting to take charge of their own and their family's health.

SUPERNATURAL: Meetings with the Ancient Teachers of Mankind by Graham Hancock

Century, UK, 2005
ISBN 1-8441-3681-7 (710pp hc)
Availability: Amazon.co.uk

Humankind must have had a long history of using psychoactive plants to alter their consciousness and explore other planes of existence, but our ability to use symbols to express these experiences is a relatively recent development that exploded in cave art in southern France around 35,000 years ago, says Graham Hancock in his new book, *Supernatural*. Yet use of symbology may be as old as the first anatomically modern humans—at least 196,000 years—whose art can be found in Africa and Australia.

Hancock writes from personal experience about his visionary episodes with psychotropic plants—ayahuasca, which he took under ritual conditions with Amazonian shamen, the root bark of the African iboga

plant and "magic mushrooms"—plus hallucinogenic drugs such as DMT. However, he departs from the conclusions of scientists like Prof. David Lewis-Williams by suggesting that symbolic cave art depicts more than the hallucinations of disturbed brain chemistry; indeed, it displays information gleaned from travelling to and from parallel dimensional *realities*. He speculates that beings from inner worlds have taught humanity essential skills and knowledge and have also prompted evolutionary leaps.

Recorded history gives examples of people who have achieved spontaneous trance states without drugs, and Hancock argues that this ability, or birthright, is hardwired into our brains and DNA. Related to this discussion are reports of interactions with the fairy world and with alien beings—most of which have similarities in all ancient and modern cultures across the globe. Thus, believes Hancock, UFOs and ETs are not so much travelling across space-time but through inner space from a parallel dimension. This is a captivating work, highlighted by strong graphics throughout.



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SECRETS OF THE HOLY LANCE: The Spear of Destiny in History & Legend by Jerry E. Smith & George Piccard

Adventures Unlimited Press, USA, 2005
ISBN 1-931882-43-6 (341pp tpb)
Availability: Aust/NZ/UK/Europe—
NEXUS offices; USA—Adventures
Unlimited, website <http://www.adventuresunlimitedpress.com>

The story of the legendary lance that Roman centurion Longinus used to spear the side of Jesus Christ during the Crucifixion was popularised by Trevor Ravenscroft in his 1973 book *The Spear of Destiny*. Now, in *Secrets of the Holy Lance*, authors Jerry E. Smith (*HAARP: The Ultimate Weapon*; 5/06) and George Piccard (*Liquid Conspiracy*; 7/01) progress the story of the occult power behind the spear. They suggest it may have been created by Tubal-Cain, the seventh-generation grandson of Cain, son of Adam, and they go on to give a potted history of the spear's line of possession up to and including Adolf Hitler, who ordered it to be removed from the Hofburg Palace in Vienna in March 1938 when he invaded the city.

From here, the authors focus on the Nazis and the lengths they went to in order to protect this occult talisman, even suggesting that the spear recovered by the Allies and returned to its home in Vienna in 1945 is a clever forgery. The real spear, they suggest, was spirited away to a secret Nazi base—Station 211—in the Mühligg-Hoffmann Mountains in Antarctica. They speculate that finding the base and the spear was a top priority of the 1945–46 Admiral Byrd Operation *Highjump* mission to Antarctica, though it may not have succeeded. The authors draw on accounts from Col. Howard

Buechner and Captain Wilhelm Bernhard suggesting that one Colonel Maximilian Hartmann, a Knight of the Holy Lance, led an expedition to Station 211 in 1979 and succeeded in retrieving the relic and returning it to Germany and the Knights' custody.

With reference to some of the lesser known mysteries of the Nazis' war effort—including the development of flying saucers, the possible establishment of a Fourth Reich in Antarctica or South America and involvement of alien intelligences—Smith and Piccard explore unexpectedly vast territory in *Secrets of the Holy Lance*.

THE SECRET HISTORY OF FREEMASONRY:

Its Origins and Connection to the Knights Templar

by Paul Naudon

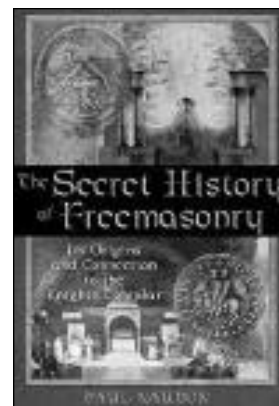
Inner Traditions, USA, 2005 (first pub. in French by Editions Dervy, 1991)
ISBN 1-59477-028-X (311pp tpb)
Availability: Inner Traditions,
<http://www.innertraditions.com>

French law scholar and high-ranking Freemason Paul Naudon makes a distinction between operative and speculative Freemasonry in this "secret" history of the craft. However, he argues that contrary to conventional opinion there *is* a link between the two forms and there *was* an intimate connection between the masons and the Knights Templar. He advances his case with reference to obscure French and English masonic documents, Church texts and other sources, and his research encompasses the changing historical, social and spiritual contexts over the years. His book, first published in French in 1991 and now

translated into English by Jon Graham, takes the less-travelled path with an emphasis on the operative side of Freemasonry.

Naudon goes back to the ancient Roman *collegia* or colleges of artisans (with minor reference to Egyptian predecessors) as the cauldron of sacred builders who in turn influenced the development of early monastic associations and the trade guilds and brotherhoods that sprang up in the Middle Ages. Mastery of temple "carpentry" reached a pinnacle in the Gothic cathedrals of France, which had obvious Templar influences as well as Benedictine blessing and whose master masons enjoyed special privileges, Naudon notes.

He goes on to compare the Scottish and English rites and outline some secrets of the Craft, including the symbolism and language and how these have been preserved in later speculative masonic thinking and rituals. A sacred tradition has been nurtured, showing as Naudon says that faith lives only through works and that works are worth only the faith that moves them.





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TURNING THE HIRAM KEY: Making Darkness Visible by Robert Lomas

Lewis Masonic, UK, 2005
ISBN 0-85318-239-6 (383pp hc)
Availability: Lewis Masonic, +44 01455 254450, <http://www.lewis-masonic.com>,
<http://www.turningthehiramkey.com/>

With co-author Christopher Knight, Robert Lomas has written a series of books on the history of Freemasonry, but here he goes it alone on a journey into the spiritual core of the Craft. Dr Lomas, an electrical engineer with a PhD in solid state physics and crystallography, took his first step to Masonic initiation in 1988 and in more recent years has been exploring the rituals, postures and symbolisms of the Lodge experience, what they represent and what affect they have on the initiate as he progresses through the various degrees.

And far from being focused on uncovering some imagined evil secret, Dr Lomas explains Freemasonry as working like a science of self-improvement with cosmic consciousness and unity with nature being at the centre of it. It incorporates knowledge from ancient spiritual traditions, including Egyptian, Hebrew and Norse, and the rituals, allegories, tools and symbols provide the mechanisms through which the individual's emotional and mental states are attuned on the path towards higher spiritual attainment and enlightenment.

In discussing how rituals and symbols work, Dr Lomas refers to the work of such scientists as Richard Dawkins on memes, Candace Pert on "molecules of emotion", Michael Persinger on recreating "the God experience" and Karl Pribram on quantum neuroscience. In fact, Lomas was with

Pribram on the Orkneys when they were given a private showing of the Kirkwall Scroll, and he devotes a chapter to the puzzle of this early Scottish masonic artefact.

Lomas also draws on archival masonic material and finds inspiration from the mystical writings of Master Mason Walter Wilmshurst, who is also acknowledged in the foreword by Colin Wilson, who himself has written about "peak experiences". In his prologue, Lomas describes how he came closest to cosmic consciousness when in 2001 he narrowly escaped being struck by lightning! His personal insights and archival research make for an enlightening book.

COLLOIDAL MINERALS AND TRACE ELEMENTS: How to Restore the Body's Natural Vitality

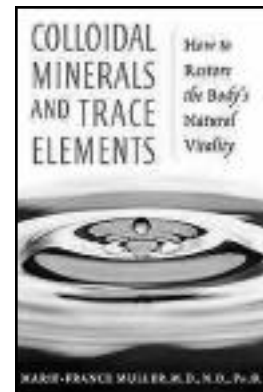
by Marie-France Muller, MD, ND, PhD
Healing Arts Press, USA, 2005 (first pub. in French by Editions Jouvence, 2002)
ISBN 1-59477-023-9 (216pp tpb)
Availability: Healing Arts Press, c/-
<http://www.innertraditions.com>

Many of us these days have rediscovered the healing power of colloidal silver—well known as a cure-all before penicillin's advent and support by the fledgling medical/pharmaceutical establishment—but how much do we know about colloidal minerals in general? To find out, you can't go past French medical and naturopathic doctor Marie-France Muller's book—the first of her 27 books to be translated into English.

As Dr Muller explains, our bodies can best absorb and use minerals that are in a colloidal form—the soluble suspended state in which plants absorb minerals from the soil. Minerals and trace elements are essential

catalysts for vitamins, enzymes and other nutrients to carry out their key roles in the body, including the promotion of proper neurological function—yet we only absorb 3–5% of standard, non-colloidal mineral supplements compared with 98% of the colloidal form. Dr Muller tells why modern-day, commercially produced food is lacking in these important nutrients—use of chemical fertilisers leading to poor soil quality being one reason—and suggests that colloidal minerals and trace elements in appropriate doses can reverse dietary deficiencies. Included is an A–Z (aluminium to zinc) handbook of oligotherapy—the method based on supplying the body with the right balance of colloidal minerals and trace elements necessary for normal cell function.

Muller reminds us that our body is like an electrical system that requires all its components to perform well. The mineral kingdom, one of the world's smallest, can help overcome breakdown or even permanent outages. We'd be well advised to listen to this sound, immune-system-boosting advice in the interests of achieving optimal health.



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PERPETUAL MOTION: The History of An Obsession

by Arthur W. J. G. Ord-Hume

Adventures Unlimited Press, USA, 2005

ISBN 1-931882-51-7 (247pp tpb)

Availability: Aust/NZ/UK/Europe—

NEXUS offices; USA—AUP, website

<http://www.adventuresunlimitedpress.com>

The quest to build a perpetual motion machine has occupied if not obsessed some brilliant minds for millennia, not least of whom were Archimedes, Leonardo da Vinci and Sir Isaac Newton, and it is very much alive today. In the new preface to this 2005 edition of his 1977 book *Perpetual Motion*, Arthur Ord-Hume—a UK engineer, former RAF serviceman, aviation enthusiast, historian and musicologist—reflects on scientific developments in the ensuing 28 years in pure physics, free energy and superconductivity (a form of perpetual motion). He laments that we're not making much better use of renewable energy sources such as solar and wind power that have been available for decades. The greenies were right!

Ord-Hume regards perpetual motion as a serious subject, not one to be laughed off. The basic requirement of a perpetual motion machine is that it must give out more work than energy put into it. Certainly there have been and still are charlatans in the field, but experimenters have created sufficient mechanisms defying explanation that lead closer to the task. From ancient Persian water wheels to more recent perpetual motion devices (e.g., Robert Fludd's 1618 closed-cycle mill), from self-moving wheels and overbalancing weights (e.g., Johann Bessler's wheel of 1715) to lodestones, electric cells and steam engines, there has been much effort and frustration as well as occa-

sional success on the path to achieving perpetual motion, and Ord-Hume provides copious examples. James Cox's 1760-era perpetual clock, Charles Redheffer's early-19th-century machine and John Keely's late-19th-century generator, which turned water into high-pressure "etheric vapour" when "vibratory energy" was applied, are more highlights on the quest.

Any researcher investigating perpetual motion and free energy in the laboratory will gain much from Ord-Hume's text and accompanying diagrams and appendices.

SLIM SPURLING'S UNIVERSE: The Light-Life Technology

by Cal Garrison

IX-EL Publishing LLC, USA, 2004

ISBN 0-9760338-2-8 (223pp tpb)

Availability: IX-EL Publishing,

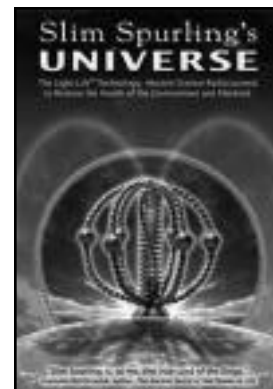
<http://www.ixelpublishing.com>;

<http://www.SlimsUniverse.com>

Slim Spurling is a remarkable man who is dedicated to making a better world for the benefit of all. Born in South Dakota in 1938, he majored in forestry, botany, biochemistry and mycology, spent the next 20 years as an artist-blacksmith-teacher, explored subtle energies as a shaman, metaphysician, herbalist and dowser, and was so intrigued by Wilhelm Reich's "Cloud Buster" technology that he built his own version so he could experiment (with success, as it turned out) with altering weather conditions, bringing rain and improving the local environment. His amazing story is told with sensitivity by author Cal Garrison, who first heard about Spurling in 1998 when she attended a Drunvalo Melchizedek Earth-Sky workshop and later recorded a series of interviews for this book.

Working from the mid-1980s with fellow alchemist/scientist Bill Reid, Spurling furthered his research into environmental clearing, experimenting with devices such as the caduceus wound coil which nullifies the local magnetic field and converts electron flow to aether flow. It became the basis for what is now called the Light-Life technology, which draws on ancient science and a new principle of quantum physics which he discovered in 1991. He went on to develop coiled rings in various configurations which have all sorts of applications in environmental harmonising (for instance, reducing the strength of hurricanes and tornadoes, purifying water and clearing atmospheric pollution) and personal healing (e.g., neutralising geopathic stress, balancing energy, etc.).

The technology of this true maverick has been having a huge impact and is changing the world. The message is being spread through a global network with over 5,000 trained practitioners. You can get a glimpse of Slim Spurling's amazing discoveries at the website www.SlimsUniverse.com before you obtain a copy of this must-read book.





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INVISIBLE RESIDENTS: The Reality of Underwater UFOs

by **Ivan T. Sanderson**

Adventures Unlimited Press, USA, 2005

(first published in 1970)

ISBN 1-931882-20-7 (266pp tpb)

Availability: **Aust/NZ/UK/Europe—**

NEXUS offices; **USA—**Adventures

Unlimited, website <http://www.adventuresunlimitedpress.com>

It was interesting getting hold of this previously out-of-print book by zoologist and paranormal researcher Ivan T. Sanderson for its unusual take on the phenomenon of underwater UFOs. It brought back to mind New Zealand commercial pilot Captain Bruce Cathie's sightings from the air of submerged UFOs, which led him to extrapolate his world harmonic grid theory.

This reprint of Sanderson's book has a foreword by "world explorer" and publisher David Hatcher Childress, referring to the continuing prolific nature of water-related UFO phenomena based on sightings reports (e.g., in the Coral Sea region). He also confirms that subsequent technological developments establish the feasibility of constructing bases underwater—even cut into the continental shelf, as researcher Richard Sauder reports can be done.

Sanderson coined the term "OINTS", or Other Intelligences, and theorised that they live under the world's oceans in a parallel civilisation that may be twice as old as humanity. He opens his book with an account of a mysterious incident in Antarctica in 1965 during the US Navy's Operation *Deep Freeze*, when an object "suddenly came roaring up out of the sea through no less than 37 feet of ice, and went on up into the sky like a vast silvery bullet".

The more we find out about secret bases in Antarctica, the more intriguing such a report becomes. Sanderson goes on to describe many fascinating USO (unidentified submarine object) case studies. He acknowledges that they may sound preposterous, but he says that unless all these reports are some form of mass hallucination or a gigantic "plot" going back millennia, we have to accept that something is going on under the oceans and that intelligently guided devices are moving in and out of Earth's hydrosphere and atmosphere at will.

This thought-provoking treatise is an important contribution to the UFO literature.

THE GIZA DEATH STAR DESTROYED by **Joseph P. Farrell**

Adventures Unlimited Press, USA, 2005

ISBN 1-931882-47-9 (294pp tpb)

Availability: **Aust/NZ/UK/Europe—**

NEXUS offices; **USA—**AUP,

<http://www.adventuresunlimitedpress.com>

In this third volume of the Giza Death Star series (see 11/02), physicist Joseph Farrell draws together more evidence to support his hypothesis that the Great Pyramid of Giza once incorporated an immensely powerful maser energy weapon capable of shooting beams out into space. Indeed, inspired by Zecharia Sitchin's reading of the ancient Babylonian epic, the *Lugal-e*, Farrell speculates that it was used by Nergal (Thoth or Hermes in the ancient Egyptian and Greek traditions) to destroy the planet Krypton (or Astera), the water-laden planet that once existed between Mars and Jupiter and which is now arguably the asteroid belt. This event destroyed the atmosphere of Mars (then a moon of Krypton) and probably destroyed the Giza weapon in the resultant shock wave

and planetary-scale flood.

Farrell explores the evidence for this "war of the worlds" and a strong Earth–Mars connection with reference to ancient art, myths and esoteric traditions, the work of modern catastrophe physicists such as Immanuel Velikovsky, Tom Van Flandern, James McCanney and Paul LaViolette, and the revisionist Egyptology of R. A. Schwaller de Lubicz and Robert Schoch. In his quest to recover more ancient mega-technology, Farrell looks at new paradigms in systems kinetics, in monoatomic palaeophysics (white powder gold, as studied by David Hudson and Laurence Gardner), and in the bioelectric and geometrical power of pyramids (as researched by Pat Flanagan, Joe Parr, Michel Bounias and others).

Finally, he considers the fate of the missing, ray-emitting pyramid crystals that were essential for the functioning of the "Giza Death Star" and includes the Middle East and the Americas in his search. The original apex of the Great Pyramid may have been more than just a symbolic capstone. The jury is not yet out on ancient Egypt.



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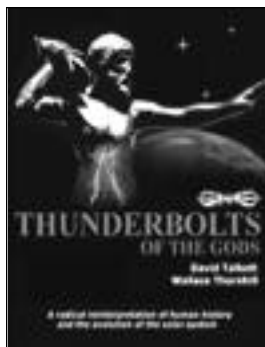
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THUNDERBOLTS OF THE GODS:
A radical reinterpretation of human
history & evolution of the solar system
by David Talbott & Wallace Thornhill
Mikamar Publishing, Portland, USA, 2005
ISBN 0-9772851-0-3 (108pp l/f tpb)
Availability: Mikamar, tel +1 (503) 740
9567; <http://www.thunderbolts.info>



The Electric Universe theory is exciting enough, but who'd have thought that it could explain so much about the myths and artefacts of the ancients? *Thunderbolts of the Gods* is a joint work by David Talbott and Wal Thornhill, who have combined their specialities in mythology and science respectively in a revolutionary new view on the history of humanity, the solar system and Universe (see items in 11/04 and 12/05).

Talbott and Thornhill subscribe to an "holistic" view of the Universe, the medium of which is plasma—a highly conductive state of matter that is characterised by the presence of freely moving charged particles. Interactions can happen between planets, between comets and planets, between planets and suns, and across interstellar space.

The authors challenge the assumption that gravity is the only force that can give birth to stars and point to the electrical circuitry that connects and unifies all nature, organising everything from galaxies to biological systems. In an Electric Universe model, not only do we have localised lightning events but from time to time our planet experiences or witnesses great plasma arcing across the heavens—truly the "thunderbolts of the gods" that ancient peoples from many civilisations observed and preserved in art and legend and, indeed, could have been the source of the original archetypes.

Modern electric plasma research, such as the pioneering work of Anthony Peratt, has produced in the laboratory images that have parallels in ancient rock art, e.g., the petroglyphs of the Australian Aborigines and the Native Americans of the US Southwest, and in the ancient art of Sumeria, Babylon and India. Experiments with electric currents in plasma, plasma discharges as well as plasma torus physics produce even more elaborate

3-D designs which also have their counterparts in ancient art. Talbott and Thornhill present some brilliant examples in glossy, full-colour photographs, and also show pictorial evidence of cosmic thunderbolts from electrical encounters in space. Their Electric Universe model will force a rewrite of the science and history books.

CHILDREN WHO COMMUNICATE BEFORE THEY ARE BORN

by Dietrich Bauer, Max Hoffmeister, Hartmut Georg

Temple Lodge, UK, 2005 (first pub. in German by Verlag Urachhaus, 1986)
ISBN 1-902636-68-6 (239pp tpb)
Availability: <http://www.templelodge.com>

If ever you were in doubt about reincarnation or at least about the "interlife", this book of accounts about children who communicate before they are born will provide more evidence. Testimony is mostly from expectant mothers who have received knowledge about their future child—for instance, their physical characteristics, their personality, their life plan, their name—through dreams, visions and precognitions, but there are also amazing tales from children who recall details of how they came into the world from the non-physical realm and how they chose their parents. Plus, there are reports from the parents' relatives and friends who have had "presentiments".

The book has been collated by three German doctors who first published it in German in 1986. Years later, we have the first English-language edition, but the messages are just as touching and relevant today and, with any hope, will spark other researchers to progress this fascinating field of study. As well as their case studies, the authors provide an analysis of some of the more esoteric, spiritual aspects of birth and reincarnation and often with reference to the anthroposophical writings of Rudolf Steiner.

Since the time of writing, much more has happened in reproductive technologies such as IVF and now genetic engineering, and so in this book there's more emphasis on the abortion question than on these newer dilemmas. However, expounding principles on the sacredness of life, though there's not much consolation offered for women who have chosen to take the abortion option.

Along with phenomena such as near-death experiences and children who remember past lives (see Ian Lawton's article this issue), the messages from children who communicate before they are born—and the mothers who hear them—is adding to a body of opinion on the reality of life after death and life before life, indeed, continuity of spirit, that is changing our understanding of our place in the world and the universe.



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BEYOND 2012 – Catastrophe or Ecstasy: A Complete Guide to End-of-Time Predictions

by Geoff Stray

Vital Signs Publishing, UK, 2005

ISBN 0-9550608-0-X (352pp tpb)

Availability: **UK**—Vital Signs Publishing, <http://www.vitalsignspublishing.co.uk>;

USA—Adventures Unlimited, website <http://www.adventuresunlimitedpress.com>

The year 2012 features strongly in calendars, myths and prophecies from ancient to modern times as a special "end date" as well as the beginning of a new world—as NEXUS readers are well aware, considering we've reviewed many books on the subject.

The source that has most captured the public imagination in recent years is the Maya calendar that points to the solstice of 21 December 2012 as the "zero" point. But how much truth is there in this prophecy, and what light can science shed on it?



Glastonbury-based author Geoff Stray has been studying the 2012 phenomenon for over 20 years and since 2000 has been posting his database of material on his website, www.diagnosis2012.co.uk. Much of this he has now compiled into a book, *Beyond 2012*, and, while compelling, not all of it stands up to his rigorous analysis.

Commencing with a foreword by John Major Jenkins (*Maya Cosmogony 2012*; see 5/06), Stray considers calendars and prophecies from the Mayas, Aztecs, Incas, Chinese and Maoris among others, as well as more recent predictions made possible through computer technology, such as the Bible Code. Next, he looks at 2012 theories based on the study of sunspot cycles, geomagnetic field reversals, ice cycles, plasma dynamics and galactic core explosion scenarios (*à la* Dr Paul LaViolette; see 8/02).

In the third part, he looks "beyond the veil" at drug-induced shamanic states of consciousness, pineal gland biology, crop circles, remote viewing, the prophecies of Nostradamus and Mother Shipton, and "New Age" takes on galactic synchronisation. In the final part, he pulls the information together for an overall diagnosis on the

2012 question and concludes that there is a ring of truth to the prophecies and scientific forecasts, but it's too soon to tell whether we'll be subjected to a major catastrophe or a mass awakening of consciousness—or both. His reason for the "beyond" in the book's title is that there *will* be life after 2012—though perhaps not as we know it now. If a "Golden Age" is meant to become manifest around 2012, Stray helps us sort the wheat from the chaff to increase the quality of our understanding.

TERRA NON FIRMA EARTH: Plate Tectonics is a Myth

by Dr James Maxlow

Terrella Press, Australia, 2005

ISBN 0-646449-17-6 (155pp l/f tpb)

Availability: Terrella Press, email Terrellapress@bigpond.com; e-book from <http://www.oneoffpublishing.com>

Readers who attended the NEXUS Conference in Brisbane last September were treated to a talk by geologist Dr James Maxlow on the Expanding Earth hypothesis, set off by full-colour graphics and animations courtesy of partner Anita Maxlow.

Conference-goers and other NEXUS readers out there will be very interested in Dr Maxlow's new book, *Terra Non Firma Earth*, which fills in the geological knowledge gaps that plate tectonics theory can't, such as resolving coastline topography fits between continents across ocean expanses. Produced in a large format on glossy stock, it features a series of awe-inspiring, full-colour graphics of key developments in the long history of Earth expansion (see previous articles in NEXUS 7/06 and 8/03).

Dr Maxlow was originally spurred on in this work when he intuited that a huge dome structure, hundreds of kilometres in diameter, that he observed in the Pilbara region of Western Australia may be a remnant of a much-smaller-radius Earth. His text reflects the depth of his research into such fundamentals as the "geological crustal budget" and changing Earth parameters of mass, density and surface gravity, as well as into the evolution of continents and seas/oceans. Bringing together geological, palaeomagnetic, space geodetic, geographical, biological and climatic evidence, Maxlow presents a well-argued case for Earth expansion over plate tectonics as the major mechanism for planetary geological development.

James Maxlow dedicates his book to the memory of Professor Sam Carey, the father of modern Earth Expansion theory who died in 2002. He is doing a great service by taking Prof. Carey's research forward despite the obstacles from academia. (See a précis of Dr Maxlow's Expanding Earth thesis in Science News this issue.)

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DVDs

Reviewed by Duncan Roads

MIND CONTROL: A Brave New World or Enhancing Human Performance

by Dr Nick Begich

© 2005 Dr Nicholas J. Begich
ISBN 1-890693-50-2 (120mins; includes free CD-ROM)

Available: Earthpulse Press Inc., PO Box 201393, Anchorage, Alaska 99520, USA, <http://www.earthpulse.com>

Manipulation of the mind, emotions and physical health of people through use of new technological applications continues to draw the attention of military planners around the world.

Best-selling author and lecturer Dr Nick Begich presents the most startling advances in these areas of technology for both military and private-sector uses. His presentation provides in-depth information, demonstrations, background and forecasts of development of these areas of science and how they will affect our society and individual freedom.

Enhancing human performance or controlling human outcomes will be the challenge of the 21st century, raising serious questions on the ethics of the science of mind control.

Control of the mind by external means is now a reality. How we use this technology is the next challenge for this generation.



TECHNOLOGIES IN THE 21st CENTURY

by Dr Nick Begich

© 2005 Dr Nicholas J. Begich
ISBN 1-890693-51-0 (120mins)
Available: Earthpulse Press Inc., PO Box 201393, Anchorage, Alaska 99520, USA, website <http://www.earthpulse.com>

Technologies that will transform our lives are advancing rapidly, raising serious concerns about privacy, safety and proper uses. Military planners and others are attempting to use these breakthroughs to create a more directed and controlled society,

while ignoring the positive applications of many of these new discoveries.

This DVD delivers an overview and update on the HAARP material, cellphones, privacy, underwater sonars and other areas of technology. Systems have been developed which will have far-reaching effects on the environment, human health and the direction of free people.

The DVD includes discussion intended to stimulate debate, while educating the public on these pressing issues of the 21st century.

NOT THE COOKING SHOW: The Magic of Raw Foods Cuisine with Paul Benhaim

© 2005 Paul Benhaim (104mins)

Availability: Via website
<http://www.notthecookingshow.com>

This is a most informative and even entertaining "cooking" show DVD. Paul Benhaim has modelled this presentation as a typical TV cooking show. It is fast moving and has great music and visuals.

Paul Benhaim is a living legend. I have often wondered at his energy and how he gets so much done, and now I know it is due to his raw food diet.

As a father of two, I am always looking out for quick, nutritious meals that actually taste good for the children—so I was most pleased to find recipes that I'm going to be able to put together soon after writing this review, including a blueberry almond smoothie, beetroot soup, a macadamia pie, Thai curry, and a bunch of lunchtime treats.

During the course of the show, you visit local organic farms and permaculture gardens (by local, I mean northeastern New South Wales and southeast Queensland, Australia) and see how various fruits and veges are picked and prepared. The whole show is just packed with useful tips.

Paul is also well known for his industrial hemp products and campaigning. He is a living demonstration that a raw food diet makes you look years younger and feel much healthier. Get this DVD!



REVIEWS

MUSIC

Reviewed by Richard Giles

THE ROUGH GUIDE TO THE MUSIC OF BALKAN GYPSIES

by various artists

World Music Network, UK, 2005 (66mins)

Distributors: **Aust**—MRA Entertainment, tel (07) 3849 6020; **UK**—World Music Network, tel +44 020 7498 5252, website <http://www.worldmusic.net>

Gypsy music is a fantastic, culturally mixed sound with influences stretching from India to the Balkans and to Andalusia in Spain. The Rom (Gypsy) peoples have probably the most profound influence on the music found from Belgrade to Bucharest. They embrace the sounds of the brass band, violin, trumpet, clarinet and accordion as well as engaging voice ensembles. This album has some wonderfully foot-tapping, energetic dancing music from the Balkan, Romanian, Albanian and Serbian traditions.

HEALING BELLS

by Xumantra

Xonic, Inc., USA, 2004 (48mins)

Distributor: **USA**—Xonic Inc., tel (908) 876 9967, <http://www.xoninc.com>

This is the fifth release by Marco Dolce (Xumantra) and is created without samples, loops, synthesisers or any musical sequencing generation equipment. Marco has worked for a decade with singing bowls and bells (see NEXUS 8/01). He uses the bell instruments (known as metallophones) in harmonically tuned sets which are specifically chosen to produce a mystical, melodic and powerful sense of spiritual and sacred sound. Listening to *Healing Bells* is to hear the sound of bells and gongs on the wind in a sacred environment of ambience.

VOYAGE

by Monte Cristo

D. Records Ltd, UK, 2005 (65mins)

Distributors: **UK**—Universal Music Operations, tel +44 020 7368 6311, website <http://www.lorianamusic.com>

Ilike to promote new approaches to music that come into NEXUS, and this one is a "must". "Bio Music 6 in 1" is a process of embedding frequencies into the coherent fields of audible sound, mixing them in with non-audible frequencies to create "uniform fields of sound waves". These fields are said to restore the natural balance of vital forces in living organisms as well as the environment. It's claimed such fields can revitalise water, protect against dangerous EMFs and rebalance stressed bodies. The

music has been tested on mobile-phone users via kinesiology techniques, and it works! Monte Cristo's sounds are dance oriented—a style described as "sublime down-tempo electronica".

JAYA BHAGAVAN

by Tina Malia and Shimshai

Amida Records, USA, 2005 (50mins)

Distributor: **USA**—Amida Records, tel (310) 230 2823, website <http://www.amidarecords.com>

The sound of devotional music fills the planetary airwaves again with this new CD by Tina Malia and Shimshai, who have been touring and playing together for four years. Tina has sung with Jai Uttal and the Pagan Love Orchestra over the last five years (NEXUS 3/01, 9/05). This collection of Sanskrit chants is backed by violin, acoustic base, dulcimer, dotar, oud and other Middle Eastern instruments. Guests include Omar Faruk Tekbilek and Jai Uttal. It's a great journey of devotion for those who love the harmonious Sanskrit chanting style.

FIRE DRUMS

by various artists

Music Mosaic, Australia, 2005 (63mins)

Distributors: **Aust**—Music Mosaic, <http://www.music-mosaic.com>, New World Music, tel (02) 9565 4522, **UK**—Sounds Travel, tel 01242 571659; **Europe**—Silenzio, tel +49 9191 97870; **USA**—White Swan, tel (303) 527 0770

Music Mosaic is an Australian label that's had great success with collections of mixed cultural music from across the world. This assemblage features a dozen different drumming traditions including Latin, *carnivale*, African, Indian, Cuban and modern ambient trance-techno. There are traditional sounds, modern percussion arrangements and many eclectic styles in the world-beat drum tradition. This is an energetic album that gets you up on your feet to pound away on the floor!

